

Minnesotans are represented at the capitols in both St. Paul and Washington, D.C. The U.S. Senate and U.S. House in Washington function much like the state Legislature, with one major difference: the bills that U.S. senators and representatives debate apply to the whole country — not just the state.

The U.S. Senate has 100 members; two senators are elected from each state. They are elected to six-year terms and about one-third of the seats are elected every two years. Senators are elected statewide and each represents the entire state.

To be a candidate for the Senate, a person must be 30 years old, a resident of the state, and a citizen of the United States for at least nine years.

The U.S. House of Representatives has 435 members; the number of representatives a state has is based on the state's population.

Minnesota has eight

lines, based on census population figures.

At various times in the state's history, Minnesota has had more than eight seats in the U.S. House. Minnesota had a Ninth District from 1903-1962. The state had a 10th District from 1915-1933.

In addition, special circumstances from 1858-1863, 1913-1915 and 1933-1935 prompted Minnesota to elect at-large representatives in Congress.

Though the character and boundaries of Minnesota's congressional districts have changed significantly over the years, in recent history, a few things have remained constant. The northern half of the state is often split in two to make up districts and the cities of Minneapolis and St. Paul (including Ramsey County) typically have their own districts.

And, as population has become more concentrated in the Twin Cities metropolitan area, the cities surrounding it have made up more of the districts.

Typically, five of the state's congressional districts are located in the surrounding area.

Unlike U.S. senators, U.S. representatives represent only those people who live

representatives in the U.S.

House, each elected from one of the state's eight congressional districts. In 2023, each U.S. House member represents approximately 761,000 people.

Every 10 years, the U.S. census figures redistribute the districts for all the states in the country. The state legislatures are responsible for redrawing the district

within their districts. They each serve a two-year term and are elected in even-numbered years.

To run for the U.S. House, a person must be at least 25



U.S.

Congress

years old, a resident of the state they will represent, and a citizen of the United States for at least seven years.

Rank-and-file members of the House and Senate have been paid \$174,000 since 2009, not including travel and other expenses. A cost-of-living increase takes effect annually, unless Congress votes not to accept it.

Although the U.S. House is often informally referred to as Congress, that term really refers to both the U.S. House and U.S. Senate taken together.

Contacting members of Congress

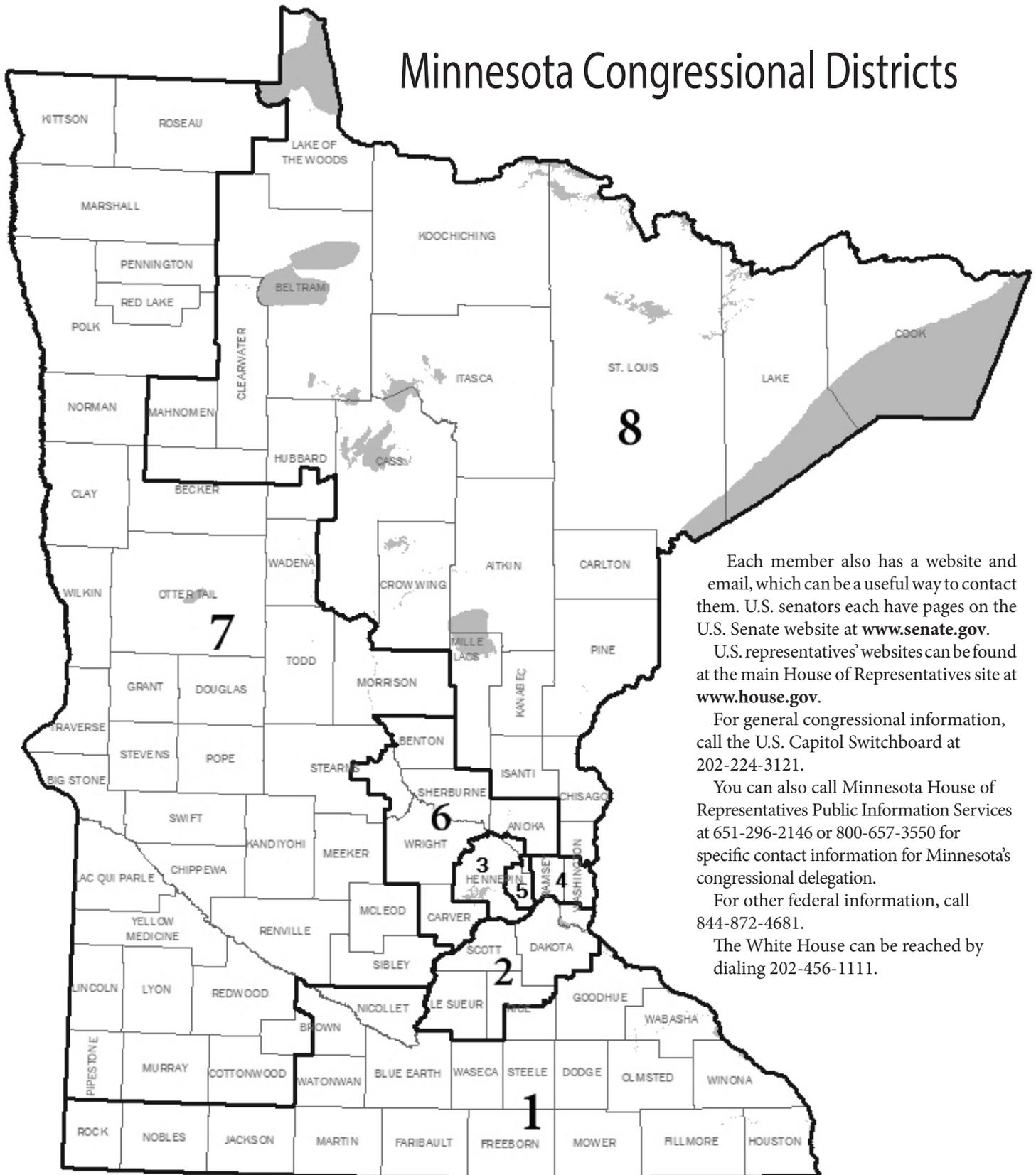
Members of Congress are your representation in Washington D.C., and you should feel free to contact them for any issues you feel are important. Follow typical rules of etiquette, making sure to address each member as "Congressman," "Congresswoman" or "Senator."

In addition, you should contact your members in Congress if you are planning a trip to the nation's capital. They can arrange tours of the White House and the U.S. Capitol. Remember to call a few weeks in advance so they can accommodate your request.

U.S. senators and U.S. representatives also have local offices to serve constituents. Each senator has offices throughout the state. And representatives, depending on the geographic size of the district, have as many as six local satellite offices.



Minnesota Congressional Districts



Each member also has a website and email, which can be a useful way to contact them. U.S. senators each have pages on the U.S. Senate website at www.senate.gov.

U.S. representatives' websites can be found at the main House of Representatives site at www.house.gov.

For general congressional information, call the U.S. Capitol Switchboard at 202-224-3121.

You can also call Minnesota House of Representatives Public Information Services at 651-296-2146 or 800-657-3550 for specific contact information for Minnesota's congressional delegation.

For other federal information, call 844-872-4681.

The White House can be reached by dialing 202-456-1111.